

"Getting-Up" Exercises For Men Who Don't Work With Their Hands

BY DR. D. B. REED, Professor of Physical Culture in the University of Chicago. With Pictures Especially Prepared by J. H. Nichols, Gymnasium Instructor of the University. (Copyright, 1913, by the Newspaper Enterprise Association.)

LESSON NO. 1.

In response to request for simple and effective exercises for men who work, but who get no exercise in their work, it may be said at the outset that the ideal type of exercise is one which provides fun in addition to the benefits to be derived from muscular contraction. If a man has the opportunity to play tennis or handball or volleyball, or to skate or swim, it all means for him to do so and gain the nervous and mental relaxation and recreation which make bodily exercise immensely more valuable.

The man whose work in life is not heavy labor cares but little whether he is able to "put up" a 200-pound weight or but a 25-pound one, provided he feels fit for the work which he has to do, and the mere development of muscular strength is not a proper criterion by which to judge the value of exercise.

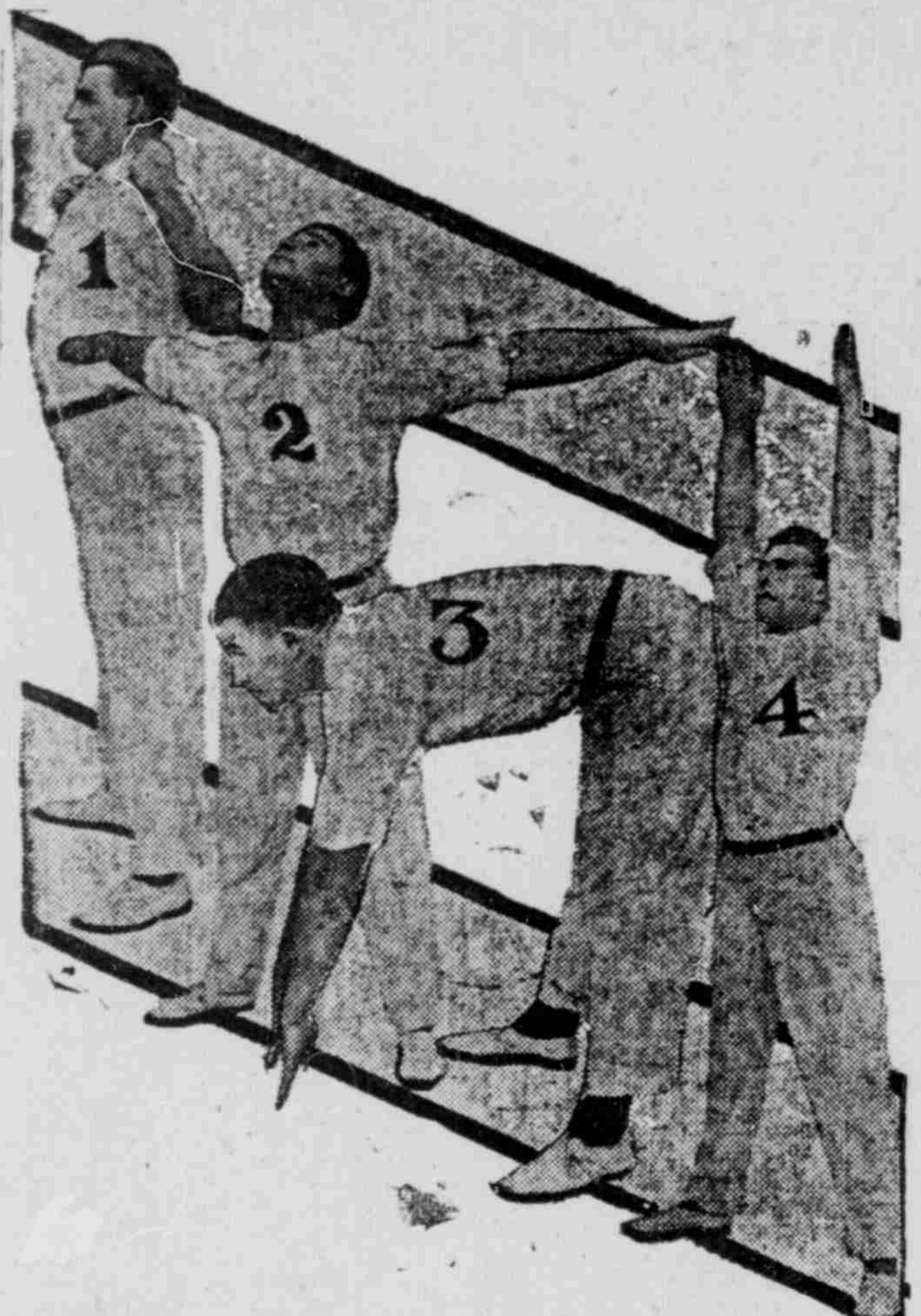
Toward keeping such fitness, physical play such as has been indicated above furnishes a splendid aid. But unfortunately many a man does not have the opportunity for such play, and for him some calisthenics are to be described in these "getting-up" exercises will prove of unquestionable value—especially since they may be taken in a short time and without equipment.

For the purpose of the "exerciseless workers" the emphasis should not be placed upon the generally overworked biceps nor the thigh nor the shoulder, but upon the too-often neglected abdomen, the condition of the muscles and contents of which are of great importance to his general well-being. The most desirable times for these exercises, about two hours before the mid-day or evening meal, are probably impossible for the average man and, of the remaining times, that immediately after rising is much better than the evening.

The place should be out of doors or in a well-ventilated room and a cold or cool bath may well be taken afterwards if the man reacts well to it. In fact, if he feels a warm glow immediately after leaving the water and remains warm. In general the less vigorous exercises should be taken first and the order given may well be followed each morning.

Exercise 1. This will serve as a "warming-up" exercise and, at the same time, tends to correct the faulty position of head and shoulders which sitting at a desk or in similar positions tends to produce.

From the position shown in Figure 1, with fists doubled and elbows close



FIGURES 1, 2, 3, 4 OF DR. REED'S FIRST PHYSICAL CULTURE LESSON.

to the sides, extend the arms to the side and slightly backward and upward, at the same time forcing the head back until the position shown in figure 2 is assumed. Care should be taken to keep the abdomen in and not to hollow the lower back. Return to the first position vigorously and repeat from ten to 20 times. In this and the succeeding exercises the movement should be quick and hard and each position should be held momentarily.

Exercise 2. This is a somewhat more vigorous

one, involving the back as well as the arms and shoulders.

From the position of figure 1 bend forward and extend the arms downward to the position of figure 3. Return to the first position and then extend the arms upward to the position of figure 4, keeping head and arms well back, but without hollowing of the lower back. Return again to the first position. This makes the exercise complete with four parts and it may be repeated from five to ten times at first and more later.

(Dr. Reed's second physical culture lesson will appear in an early edition.)

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"SAND-BAGGED" LIST DENIED BY M'GUIRE

Syracuse Man on Witness Stand Claims He Did Not Give Names of Contributors to Sulzer Investigator.

NEW YORK, Nov. 7.—George H. McGuire, of Syracuse, denied on the witness stand Thursday that he had ever furnished John A. Hennessy, former Gov. Sulzer's graft investigator, with a list of construction firms that had been "sand-bagged" into giving campaign contributions to Tammany hall, as testified by Hennessy last week.

No sooner had McGuire sworn that he had never specified to Hennessy a single instance of any construction company engaged in state highway work, than he was given up on campaign contributions that he was withdrawn from the stand and Hennessy taking his place, reiterated his statement and added that he could prove it by others.

Hennessy said that he had met McGuire in the latter's room in a hotel in Utica on Sept. 12. He produced a list of firms which he said McGuire had named to him as having made contributions. The list was written on the stationery of the hotel and Hennessy said he had taken it down in the presence of McGuire.

"McGuire wanted me to defeat Murphy," said Hennessy, "and said he wanted these revelations made. But he said he didn't want it known that he had told anything on account of the affiliations of his brother."

District Attorney Whitman elicited from McGuire that his concern had been a large business in bonding the contractors of construction firms engaged in the state highway and barge canal work and that McGuire after giving \$500 to Sulzer as a campaign contribution, had at Sulzer's request given \$2,500 to Hennessy to enable the latter to pursue his investigations into the state highway department after the governor's special appropriation had been cut off by the assembly.

This was in September last after the governor's impeachment. Hennessy in support of his version, produced a telegram he received on Oct. 27 last from Syracuse which he said he believed had been sent to him by McGuire. It was signed "M." and appealed to Hennessy to make a speech against William H. Kelly, democratic leader of Onondaga county, in order to gain votes for the progressive ticket.

GYMNASIUM SCHEDULE

Classes at South Bend Turnverein Open to Public.

Boys' class, 6-14 years, Wednesday 4:00-5:30, and Saturday 9:30-11:00. Junior class, 14-18 years, Tuesday and Friday, 7:30-9:00. Senior class, Monday and Thursday, 8:00-9:30. Girls' class, 6-10 years, Tuesday and Friday, 4:00-5:30. Girls' class, 10-16 years, Monday and Friday, 4:00-5:30. Ladies' class, Wednesday, 7:45-9:15. Tuition, 25 cents per month. Adv.

LICENSED AT ST. JOE.

BENTON HARBOR, Mich., Nov. 7.—Ernest Vargo, 25, Irene Campbell, 22, South Bend; Isaac Muffley, 38, Eva Everole, 37, Bremen; Harry Koehler, 24, South Bend; Tillie Gaun, 22, St. Joseph; Stephen White, 28, Plymouth; Maggie Vaughn, 28, Argus, Ind., were licensed to marry Thursday at St. Joseph.

JUDGE HAS FAITH IN MEN'S FUTURE

Gives Couple Who Were Sent to Operating Table Instead of to Prison Another Chance.

BENTON HARBOR, Mich., Nov. 7.—Two prisoners who were sent from here to Chicago by Circuit Court Judge Bridgeman to undergo operations by Dr. E. H. Pratt of Evanston, Ill., for the cure of moral delinquencies, returned Thursday and faced the court.

"I am a man now," said George Corbett, one of the men, as he stood before the operation his shoulders sagged. His eyes were clear and he had the appearance of one who is sound morally and physically.

Clarence Chappell, the other man, had pleaded guilty to a charge of burglary and was known as the leader of a gang of toughs. "I believe I am cured," he said. "I want to lead a decent life."

Judge Bridgeman announced the two men would be paroled and their actions carefully watched. "I believe they have been morally regenerated," said the judge, "and if they prove the correctness of my theory, more prisoners will be sent to the operating table instead of to prison."

HOG FANCIERS WILL ATTEND LOCAL SALE

Valuable Animals to be Disposed of at the J. D. Collins Farm on Saturday.

Hog fanciers from all over the country are expected to attend the mammoth hog sale, which is to be held at the hog breeding farm of J. D. Collins, five miles north of the city on the Chapel road, Saturday.

Mr. Collins is a wealthy ice cream manufacturer of Chicago, and has gone into the hog breeding business as a hobby. He has the finest hogs in the United States on this farm. Some of these hogs would not be sold for less than \$500, while a few more would bring a considerably higher price. There are hogs here that weigh close to 1,000 pounds.

He breeds Big Type Poland China hogs exclusively.

The out of town buyers will be met at the Oliver hotel and will be driven in autos to the farm. Headquarters have been established at the Oliver.

MEMBERS CALLED BACK TO CAPITAL

Amendments Which Owen Claims Alter Entire Theory of Currency Measure Were Written in by Committee.

WASHINGTON, Nov. 7.—Amendments characterized by Chairman Owen as "altering the entire theory of the bill" were written into the administration currency measure Thursday by a coalition of republican and democratic members of the senate banking committee. The administration supporters in the committee were decisively out-voted on all but one of the points settled Thursday and later the talk of a caucus of democrats to discipline the committee was revived. Notices were sent out summoning absent democrats back to the senate chamber, but no definite call for a caucus was issued. The committee Thursday voted into the bill the following affirmative provisions:

That the regional banks to administer the new currency scheme be capitalized by public subscription, the stock not taken by the public to be taken up by the member banks of the system.

That each regional bank be controlled by nine directors, five to be named by the government through the federal reserve board and four to be chosen by the member banks.

That the new currency to be issued be treasury notes, obligations of the United States, loaned to the banks and not bank notes guaranteed by the government. This sustains the administration bill as it passed the house.

SHORT ILLNESS IS FATAL

Four Year Old Son of J. A. Chearhart is Dead.

John Paul Chearhart, four, died at the home of his parents, Mr. and Mrs. John A. Chearhart, residing six miles northwest of South Bend in Harris township, Thursday night at 9:15 o'clock after an illness lasting five hours. Stomach trouble was the cause. He was born July 3, 1909. Besides the father and mother there survive two brothers, Ward and Schuyler; two sisters, Ruth and Florence, all of Harris township and one brother, Charles, of South Bend.

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